

Midland YMCA





Health, Fitness, & Aquatics


Sept. 1, 2025 - Jan. 4, 2026
2025 Fall Schedule



MONDAY							
	Gym A	Gym B	Yoga Studio	MPR	Pool		
6:00am	Open Gym 6:00-8:45am	HIIT 6:15-7:00am			Lane Swim 6:15-9:00am		
6:30am							
7:00am							
7:30am							
8:00am		Cycle 8:00-8:45am					
8:30am							
9:00am	Group Power 9:15-10:15am			Stay n' Play 0-5 yrs 9:00-12:00pm	Leisure Swim 9:00-10:00am	Drills & Skills 9:00-10:00am	
9:30am					Aquafit 10:15-11:00am		
10:00am	Yoga 10:30-11:15am						
10:30am							
11:00am	On The Move 11:30-12:15pm					Swim Lessons 11:30-12:00pm	Lane Swim 11:15-12:15pm
11:30am							
12:00pm							
12:30pm	Pickleball 12:30-2:30pm		Stability Ball 12:30-1:15pm		Aquafit 12:30-1:15pm		
1:00pm					Lane Swim 1:30-2:30pm		
1:30pm							
2:00pm							
2:30pm							Private Booking 3:00-3:45pm
3:00pm	Open Gym 3:00-4:00pm						
3:30pm							
4:00pm	Y Kids 3-5 yrs & 6-9 yrs 4:00-7:15pm	GBI Hockey Training 4:00-5:00pm			Swim Lessons 4:00-6:50pm		
4:30pm							
5:00pm		Step 5:15-6:00pm					
5:30pm							
6:00pm		Zumba 6:15-7:00pm	Pilates 5:30-6:30pm				
6:30pm							
7:00pm							
7:30pm	Open Gym 7:15-8:45pm		Yoga 7:00-7:45pm		Aquafit 7:00-7:45pm	Lane Swim 7:00-7:45pm	
8:00pm					Masters Swim 7:55-8:45pm		
8:30pm							
9:00pm	Closed				Closed		

Classes subject to change. Please check our website for the most up to date schedule.

 Drop-In Fitness
  Child and Youth
  Registered Programs
  Self-Directed

 Drop-In Aquatics
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TUESDAY									
	Gym A	Gym B	Yoga Studio	MPR	Pool				
6:00am	Open Gym 6:00-8:45am	Strictly Strength 6:15-7:15am			Lane Swim 6:15-9:00am				
6:30am									
7:00am									
7:30am									
8:00am		Open Gym 7:45-9:00am							
8:30am									
9:00am	Step 9:15-10:15am		Core 9:00-9:45am		Lane Swim 9:00-10:00am	Open Swim 9:00-10:00am			
9:30am									
10:00am	Family Gym 10:15-11:15am	Arriba 10:30-11:15am	Stretch 10:00-10:45am		Aquafit 10:15-11:00am				
10:30am									
11:00am							Swim Lessons 11:30-12:00pm	Lane Swim 11:15-1:15pm	
11:30am	On The Move 11:30-12:15pm				Open Swim 12:15-1:15pm				
12:00pm									
12:30pm	Cycle 12:30-1:15pm								
1:00pm									
1:30pm	Open Gym 1:30-4:15pm	Open Gym 1:30-3:45pm							
2:00pm									
2:30pm									
3:00pm						Lifelong Leaders (Youth Leadership)	Lane Swim 3:00-3:45pm		
3:30pm					Wolves Gr 9/10 3:00-5:00pm *starts Oct. 14th	Swim Lessons 4:00-6:50pm			
4:00pm		All Sport/Basketball Fundamentals (\$) 4:30-6:30pm	Cardio/Strength 5:15-6:00pm	Y Thrive 4:00-5:00pm					
4:30pm									
5:00pm									
5:30pm			Youth Wellness 5:30-6:30pm						
6:00pm									
6:30pm	Open Gym 6:45-8:45pm	Youth Volleyball 10+ yrs 6:30-7:30pm			Adult Drop In Swim Lesson 7:00-7:30pm	Lane Swim 7:00-8:45pm			
7:00pm		Volleyball 7:30-8:30pm			Open Swim 7:30-8:30pm				
7:30pm									
8:00pm									
8:30pm									
9:00pm		Closed						Closed	

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WEDNESDAY							
	Gym A	Gym B	Yoga Studio	MPR	Pool		
6:00am	Open Gym 6:00-7:45am	Cycle 6:15-7:15am			Lane Swim 6:15-9:00am		
6:30am							
7:00am			Y Thrive 7:00-8:00am				
7:30am							
8:00am	Strictly Strength 8:00-9:00am				Lane Swim 9:00-10:00am		
8:30am							
9:00am	Cycle 9:15-10:00am						
9:30am							
10:00am	Pilates 10:15-11:15am		WOW (Women on Weights) 10:00-11:00am	Stay n' Play 0-5 yrs 9:00-12:00pm	Lane Swim 9:00-10:00am		
10:30am					Open Swim 9:00-10:00am		
11:00am	On The Move 11:30-12:15pm		Workout Club 11:45-12:45pm			Aquafit 10:15-11:00am	
11:30am							
12:00pm							
12:30pm							
1:00pm	Open Gym 12:30-3:45pm				Swim Lessons 11:30-12:00pm		
1:30pm					Lane Swim 11:15-12:15pm		
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	GBI Hockey Training 4:00-5:00pm		Family Yoga 4:15-5:00pm		Swim Lessons 4:00-6:50pm		
4:30pm							
5:00pm	Y Kids 3-5 yrs & 6-9 yrs 5:15-7:15pm	Cycle 5:15-6:00pm		Youth Wellness 5:00-6:00pm			
5:30pm							
6:00pm							
6:30pm		Family Zumba 6:15-7:00pm					
7:00pm	Open Gym 7:15-8:45pm				Family Aquafit 7:00-7:45pm		
7:30pm					Lane Swim 7:00-8:45pm		
8:00pm							
8:30pm							
9:00pm	Closed				Closed		

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THURSDAY						
	Gym A	Gym B	Yoga Studio	MPR	Pool	
6:00am	Open Gym 6:00-8:45am				Lane Swim 6:15-9:00am	
6:30am						
7:00am		Strictly Strength 6:15-7:15am				
7:30am						
8:00am		Open Gym 7:45-9:00am				
8:30am						
9:00am	Step 9:15-10:15am			Stay n' Play 9:00-10:00am	Lane Swim 9:00-10:00am	Open Swim 9:00-10:00am
9:30am						
10:00am	Parent & Tot Social Gym 10:15-11:15	Zumba 10:30-11:15am	Y Thrive 10:00-11:00am		Aquafit 10:15-11:00am	
10:30am						
11:00am					Swim Lessons 11:30-12:00pm	Lane Swim 11:15-1:15pm
11:30am	On The Move 11:30-12:15pm		Y Thrive 11:30-12:30pm		Open Swim 12:15-1:15pm	
12:00pm						
12:30pm						
1:00pm	Pickleball 12:30-2:30pm					
1:30pm						
2:00pm						
2:30pm	Open Gym 2:45-3:45pm					
3:00pm				Lifelong Leaders (Youth Leadership) Bears Gr 11/12 3:00-5:00pm *starts Oct. 16th	Lane Swim 3:00-3:45pm	
3:30pm						
4:00pm	GBI Hockey Training 4:00-5:00pm					Sensory Swim Lesson 4:00-5:00pm
4:30pm						
5:00pm	Open Gym 5:15-6:15pm	Legs, Tum & Bum 5:15-6:00pm	Outdoor Explorers/ Social Butterflies/ Painting with Glareh (S) 4:00-6:00pm	Youth Wellness 5:00-6:00pm	Swim Lessons 4:00-6:50pm	Bronze Cross \$ 5:00-7:00pm
5:30pm						
6:00pm						
6:30pm	Youth Volleyball 10+ yrs 6:30-7:30pm	GBI Hockey Training 6:30-7:30pm				
7:00pm						
7:30pm	Volleyball 7:30-8:30pm	Open Gym 7:45-8:45pm	Y Thrive 7:30-8:30pm		Open Swim 7:00-7:30pm	Lane Swim 7:00-7:30pm
8:00pm						
8:30pm						
9:00pm			Closed			

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FRIDAY								
	Gym A	Gym B	Yoga Studio	MPR	Pool			
6:00am	Open Gym 6:00-7:45am	HIIT 6:15-7:00am			Lane Swim 6:15-9:00am			
6:30am								
7:00am								
7:30am								
8:00am	Cycle 8:00-8:45am starts Sept 12th		Y Thrive 7:30-8:30am					
8:30am								
9:00am	Group Power 9:15-10:15am				Lane Swim 9:00-10:00am	Open Swim 9:00-10:00am		
9:30am				Urban Poling 9:30-10:30am				
10:00am	Stretch 10:30-11:15am				Aquafit 10:15-11:00am			
10:30am								
11:00am	On The Move 11:30-12:15pm				Adult Drop In Swim Lessons 11:15-11:45am	Lane Swim 11:15-12:15pm		
11:30am								
12:00pm			Y Thrive 12:00-1:00pm		Aquafit 12:30-1:15pm			
12:30pm								
1:00pm	Open Gym 12:30-8:45pm	Open Gym 12:30-8:45pm						
1:30pm								
2:00pm								
2:30pm								
3:00pm					Lane Swim 3:00-4:00pm			
3:30pm								
4:00pm					Family Swim 4:00-4:45pm	Lane Swim 4:00-4:45pm		
4:30pm			Open Gym 12:30-8:45pm	Open Gym 12:30-8:45pm	Dance Lessons with Pablo (\$) 5:15-6:15pm Session 1 Sept 26-Oct 17 Session 2 Oct 24-Nov 14 Session 3 Nov 21-Dec 21		Special Olympics 5:00-6:15pm	
5:00pm								
5:30pm								
6:00pm								
6:30pm							Open Swim 6:30-7:45pm	Lane Swim 6:30-8:00pm
7:00pm								
7:30pm								
8:00pm								
8:30pm							Closed	
9:00pm	Closed							

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SATURDAY					
	Gym A	Gym B	Yoga Studio	MPR	Pool
7:00am	Open Gym 7:00-8:45am	Open Gym 7:00-7:45am			Lane Swim 7:15-8:45am
7:30am					
8:00am					
8:30am		Cycle 8:30-9:15am			Swim Lessons 9:00-12:00pm
9:00am	Y Kids 3-5 yrs & 6-9 yrs 9:00-11:30am	Group Power 9:30-10:30am			
9:30am					
10:00am		Open Gym 10:45-11:30am			
10:30am					
11:00am					
11:30am					
12:00pm	Pickleball (starts October 18th) 11:45-1:45pm				Family Swim 12:15-1:30pm
12:30pm			Y Thrive 12:30-1:30pm		
1:00pm					Lane Swim 12:15-2:30pm
1:30pm					
2:00pm	Open Gym 2:00-2:45pm				Open Swim 1:45-2:30pm
2:30pm					
3:00pm	Closed				Closed

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SUNDAY						
	Gym A	Gym B	Yoga Studio	MPR	Pool	
7:00am	Open Gym 7:00-10:15am	Open Gym 7:00-10:15am			Lane Swim 7:15-9:15am	
7:30am						
8:00am			Yoga 8:00-9:00am			
8:30am						
9:00am						
9:30am					Open Swim 9:15-10:15am	Lane Swim 9:15-10:15am
10:00am						
10:30am					Family Swim 10:30-11:15am	
11:00am	Sensory Friendly Gym 10:30-11:30am		Y Thrive 11:00-12:00pm		Sensory Friendly Swim 11:30-12:15pm	
11:30am				Aquatic Leadership Program Part 1 (\$) Starts Sept 21st 11:30-2:30pm		
12:00pm	Open Gym 11:30-2:45pm				Open Swim 12:30-1:30pm	Aquatic Leadership Program 11:30-2:30pm
12:30pm						
1:00pm						
1:30pm						
2:00pm						
2:30pm						
3:00pm	Closed				Closed	

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updated December 4, 2025

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2025 Fall Schedule



Contact Information & Hours

Monday - Friday: 6:00am-9:00pm

Saturday & Sunday 7:00am-3:00pm

midland.hfa@sm.ymca.ca

(705) 526-7828



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

**The following YMCA programs are accredited by Heart Wise:
On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.**



**We are proud to partner with Jumpstart
to offer the following programs:**

- Bronze Cross/Medallion
- National Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport